## Items requested by our charities

## FareShare

- Tinned fish
- Tinned meat and pies
- Tinned soup
- Tinned tomatoes and vegetables
- Tinned fruit and puddings (rice pudding, custard etc.)
- Cooking sauces
- Rice, pasta, noodles
- Tea bags
- Instant coffee
- Preserves (nut butter, marmite, jam, honey)
- Cereals
- Tinned pulses (chickpeas, lentils, beans)

## Trussell

- Tinned meat
- Tinned fish
- Tinned potatoes
- Tinned fruit
- Tinned puddings, rice puddings, sponge
- UHT Milk
- Tea bags
- Instant coffee
- Fruit juice (long life)

